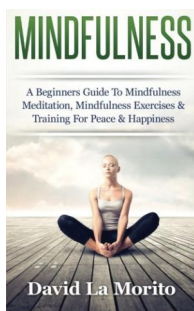


Mindfulness: A Beginners Guide to Mindfulness Meditation, Mindfulness Exercises and Training for Peace and Happiness



Book Review

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